

DINNERLY



Beef Sausage and Rice Pilaf with Rich Tomato and Zucchini Sauce



45 minutes



2 Servings

Juicy beef sausages browned in the pan and then nestled into a kale and zucchini pilaf to finish cooking – that's what we call one-pan, big-flavour, low-fuss cooking. It may take a little longer to make, but once it's prepped and on the stove, it's hands off from there!

WHAT WE SEND

- 150g jasmine rice
- 1 zucchini
- 100g kale
- 4 beef sausages ¹⁷
- 5g Italian seasoning ¹⁷
- 400g diced tomatoes

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp olive oil
- 1 tbs tomato paste
- 1 tsp sugar

TOOLS

- box grater
- medium deep frypan with lid

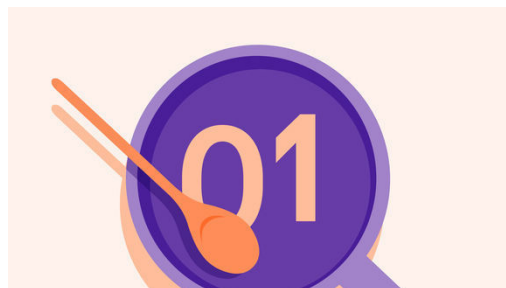
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

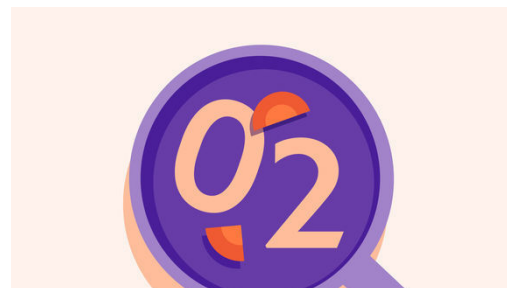
NUTRITION PER SERVING

Energy 620kcal, Fat 20.6g, Carbs 87.8g, Proteins 45.8g



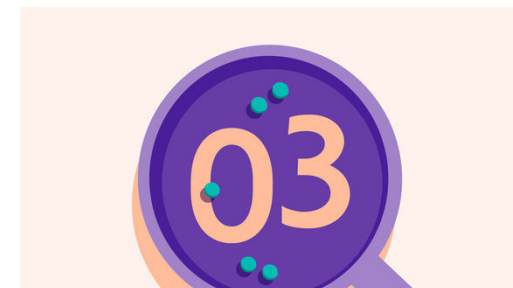
1. Prep ingredients

Rinse the **rice** until the water runs clear. Coarsely grate the **zucchini**. Remove the tough inner stems from the **kale**, then thinly slice the leaves. Crush or finely chop **2 garlic cloves**.



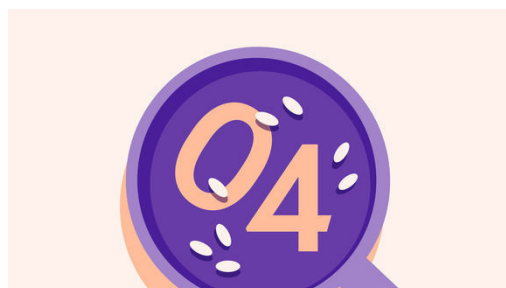
2. Brown sausages

Heat **2 tsp olive oil** in a medium deep frypan over high heat. Cook the **sausages**, turning regularly, for 4-6 mins until browned. Remove from the pan, reserving the oil in the pan.



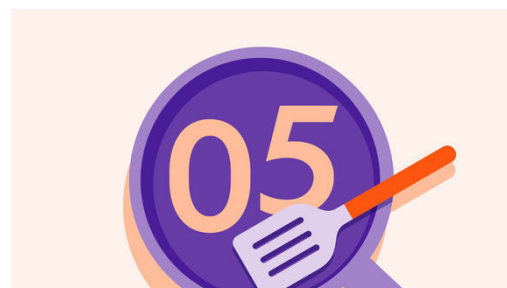
3. Add rice

Heat the same pan over medium-high heat. Add the **rice, zucchini, garlic, Italian seasoning** and **1 tbs tomato paste** and cook, stirring, for 1-2 mins until fragrant.



4. Simmer pilaf

Stir in the **tomatoes, 1 tsp sugar** and **250ml (1 cup) water** and bring to the boil. Arrange the **sausages** on top, reduce the heat to medium-low and cook, covered, for 25 mins or until the sausages are cooked through and the rice is tender. Taste, then season with **salt and pepper**.



5. Serve up

Remove the pan from the heat. Stir in the **kale** (see Make it yours) and stand, covered, for 5 mins or until wilted. Divide the **sausage pilaf** among plates and enjoy!



6. Make it yours

Not everyone loves kale, especially the kids. Easy fix! Simply leave half the pilaf kale-free by adding it to one side of the pan only.